

"STRESS DOESN'T COME FROM YOUR BOSS, SPOUSE, OR CIRCUMSTANCES. IT COMES FROM YOUR THOUGHTS ABOUT THOSE CIRCUMSTANCES."



We moeten allemaal zo nodig van alles doen, en doet dingen die je vind dat je het moet doen omdat een ander dat ook doet, pfffff..... al past het eigenlijk helemaal niet bij jou.

Je wilt eigenlijk ook alles mee maken , natuurlijk..... want je zou zomaar iets kunnen missen en dat is erg ... já zeker ...of niet ?

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No Stress

*het wordt je allemaal even te veel  
gewoon alles, alles om je heen*

*je krijgt het warm en loopt rood aan  
en denkt: ..., ik ben de banaan*

*je bent bang voor je eigen fouten en misstappen,  
je bent bang dicht te klappen*

*maar dan denk je bij jezelf, waarom?  
waarom maak ik me hier druk om?*

*dit is toch allemaal de moeite niet waard?  
zo wordt er helemaal niks opgeklaard*

*je maakt je zorgen om iets klein  
en dat voelt helemaal niet fijn*

*dus doe dit voor jezelf en stop ermee  
je verdrinkt jezelf in de zee van stress*

*Dus dit is een heel belangrijke les:*

**NO STRESS**

van een onbekende auteur

## A Stressful Life

Duration Appr. 03'55"

Antoon Gruyters

**Allegro**

On rim

*mf*

*mf*

*mf*

*f* / = cowbell

*mf*

*f*

*mf*

The score is written for a drum set in 3/4 time, marked Allegro. It consists of six staves. The Snare drum staff has a complex rhythmic pattern starting in the fifth measure, marked 'On rim' and 'mf'. The Bongos staff is mostly silent. The Toms (4) and Cymbal staff has a rhythmic pattern starting in the fifth measure, marked 'mf'. The Timpani staff has a simple rhythmic pattern starting in the fifth measure, marked 'mf'. The Temple blocks (2), Splash cymbal, and Claves staff is mostly silent. The Closed Hihat, Cowbell, and Tambourin staff has a complex rhythmic pattern starting in the first measure, marked 'f' and 'mf'. The Bass drum staff has a simple rhythmic pattern starting in the first measure, marked 'f' and 'mf'. The score is divided into six measures, with the complex patterns starting in the fifth measure.



Sdr.

Bgs.

Tms.  
Cmb.

Tmp.

Tbl.

Hht.  
Cwb.  
Tbr.

Bdr.



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**B**

**C**

Sdr. *mf*

Bgs. *mf*

Tms. Cmb. *mf*

13

Tmp. *mf*

13

Tbl. Temple blocks *mf*

13

Hht. Cwb. Tbr. *mf* *f*

13

Bdr. *mf*

Sdr.

Bgs.

Tms.  
Cmb.

Tmp.

Tbl.

Hht.  
Cwb.  
Tbr.

Bdr.



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25

Sdr. *mp* **3** *f* **E**

Bgs. *f* *f*

Tms. Cmb. *mf* *f*

25

Tmp. *f*

25

Tbl. Triangel *f*

25

Hht. Cwb. Tbr. *mf* *f*

25

Bdr. *mf* *f*

Detailed description: This is a page of a musical score for percussion instruments. The page is numbered '6' at the top center. It contains seven staves, each for a different instrument: Sdr. (Snare Drum), Bgs. (Bass Drum), Tms. Cmb. (Tom-tom and Conga), Tmp. (Tom-tom), Tbl. (Triangle), Hht. Cwb. Tbr. (Hi-hat, Cowbell, and Tambourine), and Bdr. (Bass Drum). The score is divided into measures by vertical bar lines. The first measure of each staff is marked with a '25'. The Sdr. staff has a '3' above the first measure, indicating a triplet. Dynamic markings include *mp* (mezzo-piano), *f* (forte), and *mf* (mezzo-forte). A circled 'E' is placed above the Sdr. staff at the end of the first system. The notation includes various rhythmic patterns, such as eighth notes, sixteenth notes, and rests, with accents (^) and slurs. The score concludes with a double bar line and repeat dots at the end of the first system.

Sdr.  
Bgs.  
Tms.  
Cmb.  
Tmp.  
Tbl.  
Hht.  
Cwb.  
Tbr.  
Bdr.



G Andante  $\text{♩} = 82$

37

Sdr.

Bgs.

Tms. Cmb.

Tmp.

Tbl.

Hht. Cwb. Tbr.

Bdr.

*mp*

*p*

*mp*

*p*

*mp*

splash cymbal

Tamboerijn

*mp*

*mp*





Sdr.

Bgs.

Tms.  
Cmb.

Tmp.

Tbl.

Hht.  
Cwb.  
Tbr.

Bdr.



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J

49

Sdr. *mp* *mf*

Bgs. *mf*

Tms. Cmb. *mf* Cymbal

49

Tmp.

49

Tbl. *mf* Temple blocks *f*

49

Hht. Cwb. Tbr. *mf*

49

Bdr.

Detailed description: This page of a musical score, numbered 10, features a section labeled 'J' starting at measure 49. The score is arranged in a grand staff for percussion instruments. The top staff, labeled 'Sdr.', contains a complex rhythmic pattern of eighth and sixteenth notes with accents, transitioning from *mp* to *mf* at the section start. The second staff, 'Bgs.', provides a steady eighth-note accompaniment at *mf*. The third staff, 'Tms. Cmb.', features a continuous eighth-note pattern with accents and cymbal effects marked with an asterisk and accent (^). The fourth staff, 'Tmp.', shows a bass drum line with quarter notes and rests. The fifth staff, 'Tbl.', includes temple blocks with accents and a dynamic shift from *mf* to *f* at the section start. The sixth staff, 'Hht. Cwb. Tbr.', shows a pattern of quarter notes and rests at *mf*. The bottom staff, 'Bdr.', features a consistent eighth-note pattern. A double bar line with repeat dots separates the pre-section material from the section 'J'.



Sdr.

Bgs.

Tms.  
Cmb.

Tmp.

Tbl.

Hht.  
Cwb.  
Tbr.

Bdr.



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L

$\text{♩} = 100$

61

Sdr.

Bgs.

Tms.  
Cmb.

*ff*

*ff*

*ff*

61

Tmp.

*ff*

61

Tbl.

*ff*

61

Hht.  
Cwb.  
Tbr.

*ff*

61

Bdr.

*ff*

Sdr.

Bgs.

Tms.  
Cmb.

Tmp.

Tbl.

Hht.  
Cwb.  
Tbr.

Bdr.



73

Sdr.

Bgs.

Tms.  
Cmb.

73

Tmp.

*mf*

73

Tbl.

73

Hht.  
Cwb.  
Tbr.

*f*

73

Bdr.

The logo for Drumsolutions is presented within a speech bubble shape. The word "Drumsolutions" is written in a large, bold, yellow, rounded font with a thick dark brown outline. Below the main text, the website address "WWW.DRUMSOLUTIONS.NL" is written in a smaller, white, sans-serif font. To the left of the logo is a vertical ruler with various markings. The ruler has a top mark labeled "N", a mark labeled "Sdr.", a mark labeled "Bgs.", a mark labeled "Tms. Cmb.", a mark labeled "Tmp.", a mark labeled "Tbl.", a mark labeled "Hht. Cwb. Tbr.", and a bottom mark labeled "Bdr.".

Sdr.

Bgs.

Tms. Cmb.

Tmp.

Tbl.

Hht. Cwb. Tbr.

Bdr.

Drumsolutions

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Sdr.

Bgs.

Tms.  
Cmb.

Tmp.

Tbl.

Hht.  
Cwb.  
Tbr.

Bdr.



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97

Sdr.

Bgs.

Tms.  
Cmb.

97

Tmp.

97

Tbl.

97

Hht.  
Cwb.  
Tbr.

97

Bdr.

3

3

1. 3 3

Detailed description: This page of a musical score contains seven staves for measures 97 through 102. The staves are labeled on the left as Sdr., Bgs., Tms. Cmb., Tmp., Tbl., Hht. Cwb. Tbr., and Bdr. The Sdr. staff features a complex rhythmic pattern with accents and triplets. The Bgs. staff has a similar pattern with eighth notes and rests. The Tms. Cmb. staff consists of quarter notes and eighth notes. The Tmp. staff is a simple bass line of quarter notes. The Tbl. staff has rests followed by quarter notes. The Hht. Cwb. Tbr. staff has eighth notes with accents. The Bdr. staff has a steady eighth-note pattern. Measure numbers 97, 98, 99, 100, 101, and 102 are indicated at the top of each staff. Performance markings include accents (^), triplets (3), and first/second endings (1. 3, 3) in the Sdr. staff.

Sdr.

Bgs.

Tms.  
Cmb.

Tmp.

Tbl.

Hht.  
Cwb.  
Tbr.

Bdr.



